

سستی و کاہلی

LAZINESS AND PROCRASTINATION

ISLAMICALLY ANSWERING WHY ONE BECOMES LAZY AND
PROCRASTINATES, HOW ONE CAN DETECT IT, HOW IT HARMS US
IN THIS LIFE AND THE HEREAFTER, AND THE PRACTICAL MEANS
WE CAN USE AS A CURE TO OVERCOME THIS DESTRUCTIVE DISEASE

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LAZINESS AND PROCRASTINATION

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INTRODUCTION

All praise is due to Allah. We praise Him and seek His forgiveness. Whoever Allah guides, none can misguide him. And whoever He misguides, none can guide him. I testify that none has the right to be worshipped in truth except Allah, who has no partners. And I testify that Muhammad ﷺ is His servant and Messenger.

To proceed:

I seek refuge in Allah from the accursed Shaytan. In the name of Allah, the Most-Merciful, Ever-Merciful:

﴿إِنَّ الْمُنْفِقِينَ يُخَدِعُونَ اللَّهَ وَهُوَ خَدِعُهُمْ وَإِذَا قَامُوا إِلَى الصَّلَاةِ قَامُوا كُسَالَى يُرَاءُونَ النَّاسَ﴾

“The Hypocrites seek to deceive Allah, but it is He Who deceives them. Whenever they stand up for prayer, they stand with laziness, only to be seen by people.” [Surah An-Nisa 4:142]

My respected brethren in Islam!

Laziness and procrastination are from the worst diseases that have plagued our societies. Lethargy, wasting time, delaying and words such as ‘another time’ are destructive to our futures and will harm us against our enemies.

A person who is lazy and procrastinates is in similitude to a

person who was assigned to uproot a tree. This person saw that the tree was firmly rooted and won't be uprooted unless he puts in a lot of hard work, so he said to himself that he will try to uproot it next year. What he didn't realize is that the longer a tree is left alone, it becomes more firmly rooted in the soil and he on the other hand will keep on decreasing in strength as his age passes by. If he could not uproot the tree when he was strong and the roots were weak, then how will he uproot the tree when he becomes weak and the roots become strong?

This example includes all of our matters in which we demonstrate laziness and procrastination. The outcome is that these matters keep piling up while we keep on moving closer to death.

My dear readers!

Whether it be the commands of this religion, your office, your business or your homes; displaying laziness and procrastinating has always caused problems. We will learn in this Friday sermon today; that what are the causes for laziness and procrastination? What are its harms? And what is the cure to protect ourselves from it? We will learn all this so that we save ourselves from this ugly and destructive disease.

THE MEANING OF LAZINESS AND PROCRASTINATION

○ Linguistic definition:

Failure to perform an act at its due time and in an incorrect manner is known as laziness and procrastination.

○ Terminological definition:

Showing negligence in carrying out the commandments of Allah by delaying them or not performing them at their due time is known as laziness and procrastination.

WHY DO WE BECOME LAZY AND PROCRASTINATE?

○ Abandoning prayers:

The Messenger of Allah ﷺ said:

يَعْقِدُ الشَّيْطَانُ عَلَى قَافِيَةِ رَأْسِ أَحَدِكُمْ إِذَا هُوَ نَامَ ثَلَاثَ عُقَدٍ، يَضْرِبُ كُلَّ عُقْدَةٍ مَكَانَهَا عَلَيْكَ لَيْلٌ طَوِيلٌ فَارْقُدْ. فَإِنْ اسْتَيْقَظَ فَذَكَرَ اللَّهَ انْحَلَّتْ عُقْدَةٌ، فَإِنْ تَوَضَّأَ انْحَلَّتْ عُقْدَةٌ، فَإِنْ صَلَّى انْحَلَّتْ عُقْدُهُ كُلُّهَا، فَأَصْبَحَ نَشِيطًا طَيِّبَ النَّفْسِ، وَإِلَّا أَصْبَحَ خَبِيثَ النَّفْسِ كَسْلَانًا.

“When any one of you goes to sleep, Shaytan ties three knots at the back of his neck, sealing every knot with: ‘You have a long night, so sleep.’ So if one wakes up and mentions Allah, a knot will be loosened; if he performs ablution two knots are loosened; and if he prays (all) knots will be loosened, and in the morning he wakes up energetic and cheerful. If he does not do so, he wakes up bad-tempered and lazy.” [Sahih Al-Bukhari 3269]

So if a person sleeps during the time of the morning prayer and does not wake up to pray, he spends the rest of his day being lazy and procrastinating.

○ Eating a lot and sleeping a lot:

The Messenger of Allah ﷺ said:

إِنَّ اللَّهَ يُحِبُّ الْعُطَاسَ، وَيَكْرَهُ التَّأَوُّبَ، فَإِذَا عَطَسَ فَحَمِدَ اللَّهَ، فَحَقَّ عَلَى كُلِّ مُسْلِمٍ سَمِعَهُ أَنْ يُسَمِّتَهُ، وَأَمَّا التَّأَوُّبُ فَإِنَّمَا هُوَ مِنَ الشَّيْطَانِ، فَلْيُرِدْهُ مَا اسْتَطَاعَ، فَإِذَا قَالَ هَا. ضَحِكَ مِنْهُ الشَّيْطَانُ.

“Allah likes sneezing and dislikes yawning, so if someone sneezes and then praises Allah, then it is obligatory on every Muslim who heard him to say: ‘May Allah have mercy upon you.’ But as regards to yawning, it is from Shaytan, so one must try one's best to stop it, if one says ‘Ha’ when yawning, Satan will laugh at him.” [Sahih Al-Bukhari 6223]

And the Messenger of Allah ﷺ said:

التَّأَوُّبُ مِنَ الشَّيْطَانِ فَإِذَا تَنَاءَبَ أَحَدُكُمْ فَلْيَكْظَمْ مَا اسْتَطَاعَ.

“Yawning is caused by Shaytan. So when one of you yawns, he must repress it to the best of his abilities.” [Sahih Muslim 2994]

The medical experts have written that the one who rests a lot, sleeps a lot and eats a lot will remain in a state of laziness and procrastination, and he will not become active and energetic. Some of them even wrote that eating a lot and sleeping a lot makes a person sick! Hence, Imam Ibn Qayyim رحمه الله said:

Four things cause sickness to one's body:

- 1) Excessive speech.
- 2) Excessive sleep.

3) Excessive eating.

4) Excessive yawning. [See: Zad Al-Ma'ad 4/410]

○ Wishful thinking:

Many people show laziness and procrastinate in acts of good deeds, only because they think that they have a long life ahead, that they will reach a very old age, or that they will do these good deeds once they get older. To display laziness and procrastination by wishful thinking and daydreaming is only from the whispers of Shaytan, as Allah said:

﴿الشَّيْطَانُ سَوَّلَ لَهُمْ وَأَمْلَى لَهُمْ﴾

“It is Shaytan who has tempted them and has deceived them with false hopes of a long life.” [Surah Muhammad 47:25]

Allah said regarding those people who follow Shaytan by spending their worldly lives in laziness and procrastination:

﴿ذَرَهُمْ يَأْكُلُوا وَيَتَمَتَّعُوا وَيُلْهِهِمُ الْأَمَلُ فَسَوْفَ يَعْلَمُونَ﴾

“Let them eat and enjoy themselves and be diverted with false hope; they will come to know.” [Surah Al-Hijr 15:3]

These are the people who on the Day of Judgment will be in Allah's court and beg Him to grant them a second opportunity in the worldly life, claiming that they will not be lazy nor procrastinate, and they will be engaged in worshipping Him.

The Qur'an mentions this event in the following manner:

﴿قَالَ رَبِّ ارْجِعُونِ ﴿١٠٠﴾ لَعَلِّي أَعْمَلُ صَالِحًا فِيمَا تَرَكْتُ﴾

“He says: “My Rabb, send me back, so that I may do righteous deeds in what I left behind.”” [Surah Al-Mu'minoon 23:99-100]

○ Not recognizing or valuing the importance of the deeds that need to be performed:

Many people fall prey to laziness and procrastination in their worldly affairs because they do not value or recognize the importance of what they are doing. Due to not recognizing the said deed's significance they perform, they become lazy in this affair. Forget yourselves, even accompanying such people is prohibited in Islam!

Allah said:

﴿وَأَصْبِرْ نَفْسَكَ مَعَ الَّذِينَ يَدْعُونَ رَبَّهُمْ بِالْغَدَاةِ وَالْعَشِيِّ يُرِيدُونَ وَجْهَهُ ۖ وَلَا تَعْدُ عَيْنَاكَ عَنْهُمْ تُرِيدُ زِينَةَ الْحَيَاةِ الدُّنْيَا ۖ وَلَا تُطِعْ مَنْ أَغْفَلْنَا قَلْبَهُ عَنْ ذِكْرِنَا وَاتَّبَعَ هَوَاهُ وَكَانَ أَمْرُهُ فُرُطًا﴾

“Be patient with those who call upon their Rabb morning and evening, seeking His pleasure. Do not turn your eyes away from them, desiring the adornments of the life of this world. And do not obey one whose heart We have made heedless of Our remembrance, who follows his desires and whose affair

is at loss.” [Surah Al-Kahf 18:28]

○ Accompanying lazy and procrastinating individuals

Sometimes, a person himself isn't afflicted with laziness, but is part of a circle which consist of lazy and procrastinating individuals; hence this laziness enters in him too.

○ Tiring yourself out from working a lot:

From the causes for a person being lazy and procrastinating is that he busies himself in some act to the point that he finds no time to engage in other important matters. Placing worldly matters at one side, to busy yourself in religious affairs to the point you become tired as a result of it; Islam prohibits this.

Jabir bin Abdullah al-Ansari رضي الله عنه said that once a man was driving two camels used for agricultural purposes and night had fallen. He found Mu'adh رضي الله عنه praying so he made his camel kneel and joined Mu'adh in the prayer. The latter recited Surah Al-Baqarah or Surah An-Nisa, so the man left the prayer and went away. When he came to know that Mu'adh had criticized him, he went to the Prophet ﷺ and complained against Mu'adh.

The Prophet ﷺ said thrice:

يَا مُعَاذُ أَفْتَانُ أَنْتَ - أَوْ فَاتِنٌ ثَلَاثَ مَرَارٍ - فَلَوْلَا صَلَّيْتَ بِسْمِ اللَّهِ، وَالشَّمْسِ

وَضُحَاهَا، وَاللَّيْلَ إِذَا يَغْشَى، فَإِنَّهُ يُصَلِّي وَرَاءَكَ الْكَبِيرُ وَالضَّعِيفُ وَذُو الْحَاجَةِ.

“O Mu’adh! Are you putting the people to trial? It would have been better if you had recited Surah al-A’la, Surah al-Duha or Surah al-Layl for the old, the weak and the needy praying behind you.” [Sahih Al-Bukhari 705]

○ Physical weakness:

Sometimes, the only reason why a person becomes lazy is because he is physically weak, which results in him procrastinating in many matters. Upon this person is to seek treatment for his illness, because Allah did not send down any sickness in this world, except that He also sent down a cure for it. Some Bedouins approached the Prophet ﷺ and asked him if there was any sin if they did not seek treatment? The Messenger of Allah ﷺ said:

تَدَاوُوا عِبَادَ اللَّهِ فَإِنَّ اللَّهَ سُبْحَانَهُ لَمْ يَضَعْ دَاءً إِلَّا وَضَعَ مَعَهُ شِفَاءً إِلَّا الْهَرَمَ.

“Seek treatment, O servants of Allah! For Allah did not create any disease but He also created its cure, except for old age.”

[Ibn Majah 3436; Al-Albani said: The narrators are all trustworthy]

This means that if a person is truly afflicted with some physical illness, he should get treatment for it so that he attains freedom from a destructive disease like laziness and procrastination.


SOCIETAL DEPICTIONS OF LAZINESS

○ Laziness in worshipping Allah:

The purpose of a person's life is to worship Allah alone. Allah said:

﴿وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ﴾

“I have not created the jinn and mankind except to worship Me.” [Surah Al-Dhariyat 51:56]

But the reality is that people become active and energetic in their worldly affairs. The person who works twelve hours a day can't even bother to dedicate one hour to worship Allah. Ibn Abbas  said:

لِكُلِّ شَيْءٍ آفَةٌ وَآفَةُ الْعِلْمِ النِّسْيَانُ وَآفَةُ الْعِبَادَةِ الْكَسْلُ.

“Every affair has a matter that destroys it. Forgetfulness destroys knowledge, and laziness destroys worship.” [Qoot Al-Quloob of Abu Talib Al-Makki 1/138]

My dear readers!

Put aside all your worship. Only look at your prayers, and reflect on how much laziness and procrastination you show in performing them. Some important points need to be made regarding this matter:

1) Delaying your prayers: Laziness and procrastination is so prevalent in us to the point that we hear the call to prayer, yet we remain seated. It reaches the point that time for prayer is reaching its end, yet only then do we get up to pray. Sometimes, the time for prayer ends too, yet we do not get up to pray. Regarding these people, Allah has threatened these people in the strongest terms possible by saying:

﴿فَوَيْلٌ لِلْمُصَلِّينَ ۚ الَّذِينَ هُمْ عَنْ صَلَاتِهِمْ سَاهُونَ ۝﴾

“Destruction is for those who pray While being neglectful in their prayer.” [Surah Al-Ma’oon 107:4-5]

2) Not giving importance to praying in congregation: From the affairs of being lazy and procrastinating in our prayers is that we hear the call to prayer and exit our homes, but we show negligence in offering the prayer in congregation. We do not value it and miss one rak’ah or the entire rak’ah in prayer. This form of laziness is not acceptable, as it makes this person deprived of the All-Mighty’s rewards.

3) Not praying in the Masjid: Some people pray their prayers on time, but show laziness by praying them at home instead of the Masjid. This act is not acceptable. The Prophet ﷺ issued a scary threat to the one who does this. He ﷺ said:

مَنْ سَمِعَ النِّدَاءَ فَلَمْ يَأْتِهِ فَلَا صَلَاةَ لَهُ إِلَّا مِنْ عُذْرٍ.

“Whoever hears the call to prayer and does not come to the

Masjid to pray, his prayer will not be accepted unless he has an excuse.” [Sunan Ibn Majah 793; Al-Albani said: Sahih]

4) Going to pray the Friday prayers using a ride: It is not sinful for a person to use a ride or vehicle to go and pray the Friday prayer. However, this person will be deprived of a tremendous reward. The Prophet ﷺ said:

مَنْ غَسَلَ يَوْمَ الْجُمُعَةِ وَاغْتَسَلَ ثُمَّ بَكَرَ وَابْتَكَرَ وَمَشَى وَلَمْ يَزْكَبْ وَدَنَا مِنَ الْإِمَامِ فَاسْتَمَعَ وَلَمْ يَلْغُ كَانَ لَهُ بِكُلِّ خُطْوَةٍ عَمَلُ سَنَةِ أَجْرٍ صِيَامِهَا وَقِيَامِهَا.

“If anyone makes (his wife) wash and he washes himself on Friday, goes out early (for Friday prayer), attends the sermon from the beginning, walking, not riding, takes his seat near the imam, listens attentively, and does not indulge in idle talk, he will get the reward of a year's fasting and praying at night for every step he takes.” [Sunan Abu Dawud 345; Al-Albani said: Sahih]

5) Praying the obligatory prayers but abandoning the supererogatory prayers: Many people strongly guard their obligatory prayers, but they do not pray the supererogatory prayers. People show negligence in praying the supererogatory prayers to the point that they enter the masjids yet do not dedicate a couple of minutes to pray one supererogatory prayer. Praying the supererogatory prayer is a tremendous act with a tremendous reward.

The Prophet ﷺ said that Allah said:

وَمَا تَقَرَّبَ إِلَيَّ عَبْدِي بِشَيْءٍ أَحَبَّ إِلَيَّ مِمَّا افْتَرَضْتُ عَلَيْهِ، وَمَا يَزَالُ عَبْدِي يَتَقَرَّبُ إِلَيَّ بِالنَّوَافِلِ حَتَّى أُحِبَّهُ، فَإِذَا أَحْبَبْتُهُ كُنْتُ سَمْعَهُ الَّذِي يَسْمَعُ بِهِ، وَبَصَرَهُ الَّذِي يُبْصِرُ بِهِ، وَيَدَهُ الَّتِي يَبْطِشُ بِهَا وَرِجْلَهُ الَّتِي يَمْشِي بِهَا، وَإِنْ سَأَلَنِي لأُعْطِيَنَّهُ، وَلَئِنْ اسْتَعَاذَنِي لأُعِيذَنَّهُ، وَمَا تَرَدَّدْتُ عَنْ شَيْءٍ أَنَا فَاعِلُهُ تَرَدُّدِي عَنْ نَفْسِ الْمُؤْمِنِ، يَكْرَهُ الْمَوْتَ وَأَنَا أَكْرَهُ مَسَاءَتَهُ.

“And the most beloved things with which My servant comes nearer to Me, is what I have enjoined upon him. And my servant keeps on coming closer to Me through performing supererogatory acts till I love him, so I become his sense of hearing with which he hears, and his sense of sight with which he sees, and his hand with which he grips, and his leg with which he walks; and if he asks Me, I will give him, and if he asks for My protection, I will protect him; and I do not hesitate to do anything as I hesitate to take the soul of the believer, for he hates death, and I hate to disappoint him.”

[Sahih Al-Bukhari 6502]

○ Laziness in inviting others to Allah's religion:

Many people think that inviting others to Allah's religion by enjoining the good and forbidding the evil is restricted to the scholars only. This is far from the truth. It is upon every individual to invite to Allah's religion to the best of his ability.

The Prophet ﷺ said:

بَلِّغُوا عَنِّي وَلَوْ آيَةً.

“Convey my message to others, even if it is only one Ayah.”

[Sahih Al-Bukhari 3461]

Many people are smart and active in their worldly affairs. They give many advices on affairs related to the world and mention many key points, and many people are well-wishers for them. Yet, these same people do not correct a person who sins nor knock some sense into him if he does something wrong. This is from the greatest forms of laziness and procrastination that exists within us, as it makes us negligent of carrying out one of the most important affairs of our religion.

○ Laziness in seeking knowledge:

Many people think that seeking religious knowledge is only restricted to those individuals who want to become a scholar as they grow up. Hence, they develop the mindset of specializing in worldly sciences instead of seeking knowledge of their own religion. What is correct is that seeking knowledge on how to live your lives as a Muslim is obligatory upon every Muslim.

The Messenger of Allah ﷺ said:

طَلَبُ الْعِلْمِ فَرِيضَةٌ عَلَى كُلِّ مُسْلِمٍ.

“Seeking knowledge is obligatory upon every Muslim.” [Sunan Ibn Majah 224; Al-Albani said: Sahih]

Hence, it is upon every Muslim to learn about his religion to the point he recognizes the lawful and unlawful, and learns what is right and what is wrong.

○ **Begging instead of earning:**

Many people exist in our society who start a business and face loss in it. Some work as employed individuals but are unable to continue working, so they become lazy and start procrastinating by begging others for money.

It saddens us to say that many of those who beg are afflicted with laziness, which is why they do not seek work to earn. They run away from jobs which demand hard work, and the outcome of this is that these people spread their hands in front of others. This is such a bad deed that the Prophet ﷺ issued a stern warning against it.

He ﷺ said:

لَا تَزَالُ الْمَسْأَلَةُ بِأَحَدِكُمْ حَتَّى يَلْقَى اللَّهَ وَلَيْسَ فِي وَجْهِهِ مَرْعَةٌ لَحْمٌ.

“When a man is always begging from people, he would meet Allah (in a state) that there would be no flesh on his face.”

[Sahih Muslim 1040]

This is the reason why Islam wishes to eradicate laziness in us by making us enjoy working and earning. It is better for a

Muslim that he removes his laziness by working a bit instead of begging in front of others.

The Messenger of Allah ﷺ said:

لَا نَّ يَأْخُذَ أَحَدُكُمْ حَبْلَهُ فَيَأْتِي بِحُزْمَةِ الْحَطَبِ عَلَى ظَهْرِهِ فَيَبِيعُهَا فَيَكْفِيَ اللَّهُ بِهَا وَجْهَهُ، خَيْرٌ لَهُ مِنْ أَنْ يَسْأَلَ النَّاسَ أَعْطَوْهُ أَوْ مَنَعُوهُ.

“It is better for anyone of you to take a rope (and cut) and bring a bundle of wood (from the forest) over his back and sell it and Allah will save his face (from the Hell-Fire) because of that, rather than to ask the people who may give him or not.” [Sahih Al-Bukhari 1471]

HARMS OF LAZINESS IN THIS LIFE AND THE HEREAFTER

○ You waste your time and health:

If a person who is afflicted with laziness and procrastination demonstrates laziness and procrastination in deeds which are beloved to Allah, the reality is that he only wastes his health, age and time. The Prophet ﷺ expressed his concern on this affair when he ﷺ said:

نَعْمَتَانِ مَغْبُونٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ، الصِّحَّةُ وَالْفَرَاغُ.

“There are two favors regarding which the majority of people are in loss: Health and free-time.” [Sahih Al-Bukhari 6412]

○ You become negligent and move far away from Allah:

The lazy and procrastinating person becomes negligent in many affairs, and there are many affairs which if a person neglects, he moves far away from Allah. For example, if a person does not pray the Friday prayer, he moves so far away from Allah that Allah includes him among those who neglected Him.

Anas bin Malik ﷺ narrated that the Messenger of Allah ﷺ

said:

لَيَنْتَهِيَنَّ أَقْوَامٌ عَنْ وَدْعِهِمُ الْجُمُعَاتِ أَوْ لَيَخْتِمَنَّ اللَّهُ عَلَى قُلُوبِهِمْ ثُمَّ لَيَكُونَنَّ مِنَ الْغَافِلِينَ.

“People should stop neglecting the Friday prayer or Allah will place a seal on their hearts and they will be deemed as being among the negligent.” [Sahih Muslim 865]

○ Laziness and procrastination are from the characteristics of the Hypocrites:

Laziness and procrastination in worshipping Allah does not beautify a Muslim, since this is from the characteristics of the Hypocrites. Allah said:

﴿إِنَّ الْمُنَافِقِينَ يُخَدِّعُونَ اللَّهَ وَهُوَ خَدِيعُهُمْ وَإِذَا قَامُوا إِلَى الصَّلَاةِ قَامُوا كُسَالَى يُرَاءُونَ النَّاسَ وَلَا يَذْكُرُونَ اللَّهَ إِلَّا قَلِيلًا﴾

“The Hypocrites seek to deceive Allah, but it is He Who deceives them. Whenever they stand up for prayer, they stand with laziness, only to be seen by people. They do not remember Allah but very little.” [Surah Al-Nisa 4:142]

Allah also said:

﴿وَمَا مَنَعَهُمْ أَنْ تُقْبَلَ مِنْهُمْ نَفَقَتُهُمْ إِلَّا أَنَّهُمْ كَفَرُوا بِاللَّهِ وَرَسُولِهِ وَلَا يَأْتُونَ الصَّلَاةَ إِلَّا وَهُمْ كُسَالَى﴾

“Nothing prevents the acceptance of their contributions except that they disbelieve in Allah and His Messenger, they do not come to prayer but lazily.” [Sunan Al-Tawbah 9:54]

The Hypocrites do not show laziness in their prayers only. They show laziness and procrastination in all affairs of this religion. Regarding fighting for Allah’s sake, Allah said regarding the Hypocrites:

﴿فَرِحَ الْمُخَلَّفُونَ بِمَقْعَدِهِمْ خَلْفَ رَسُولِ اللَّهِ وَكَرِهُوا أَنْ يُجَاهِدُوا بِأَمْوَالِهِمْ وَأَنْفُسِهِمْ فِي سَبِيلِ اللَّهِ وَقَالُوا لَا تَنْفِرُوا فِي الْحَرِّ قُلْ نَارُ جَهَنَّمَ أَشَدُّ حَرًّا لَوْ كَانُوا يَفْقَهُونَ ﴿٥٥﴾ فَلْيَضْحَكُوا قَلِيلًا وَلْيَبْكُوا كَثِيرًا جَزَاءُ بِمَا كَانُوا يَكْسِبُونَ﴾

“Those who remained behind rejoiced for doing so in defiance of the Messenger of Allah, and disliked to strive in the cause of Allah with their wealth and their lives, and said: “Do not march forth in this heat.” Say: “The Fire of Hell is more intense in heat.” If only they could understand! Let them laugh a little and weep a lot as a recompense for what they used to do.” [Surah Al-Tawbah 9:81-82]

○ You waste a golden opportunity and deprive yourself of tremendous rewards:

How many times does a person get the opportunity to perform some good deeds, but he wastes them due to being lazy and procrastinating, depriving himself of its rewards in the

process.

○ Your personality worsens:

People only love and appreciate those who work hard, manage their time and put their talent to good use. A person can never be likeable or approachable if he is lazy and procrastinates.

○ You will regret being lazy and procrastinating:

The people who showed laziness and procrastination in their religious affairs in this life will regret it all on the Day of Judgment.

Allah said:

﴿أَنْ تَقُولَ نَفْسٌ يُحَسِرَتْنِي عَلَىٰ مَا فَرَّطْتُ فِي جَنْبِ اللَّهِ وَإِنْ كُنْتُ لَمِنَ السَّخِرِينَ﴾

“Lest someone should say: ‘Woe to me for neglecting my duties towards Allah and for being among those who mocked [the truth].’ [Surah Al-Zumur 39:56]

Hence, it is important for us to value our time in this world and perform as many good deeds as we can, so that we do not face regret over our choices in the Hereafter.

THE CURE FOR LAZINESS AND PROCRASTINATION

○ Make a sincere intention to abandon laziness and procrastination:

You will never free yourself from laziness and procrastination unless you intend with a truthful heart to abandon this sickness. If your intention is sincere in your heart, Allah will grant you the ability to abandon laziness and procrastination.

○ Seek help from Allah alone:

You should seek Allah's help and humble yourself in front of Him, as the Messenger of Allah ﷺ commanded this. He ﷺ said:

الْمُؤْمِنُ الْقَوِيُّ خَيْرٌ وَأَحَبُّ إِلَى اللَّهِ مِنَ الْمُؤْمِنِ الضَّعِيفِ وَفِي كُلِّ خَيْرٍ احْرَضَ عَلَى مَا يَنْفَعُكَ وَاسْتَعْنِ بِاللَّهِ وَلَا تَعْجِزْ وَإِنْ أَصَابَكَ شَيْءٌ فَلَا تَقُلْ لَوْ أَنِّي فَعَلْتُ كَانَ كَذَا وَكَذَا . وَلَكِنْ قُلْ قَدَرُ اللَّهِ وَمَا شَاءَ فَعَلَ فَإِنَّ لَوْ تَفْتَحُ عَمَلَ الشَّيْطَانِ .

“A strong believer is better and is more lovable to Allah than a weak believer, and there is good in everyone, (but) cherish that which gives you benefit (in the Hereafter) and seek help from Allah and do not lose heart, and if anything (in the form of trouble) comes to you, don't say: If I had not done that, it

would not have happened so and so, but say: Allah did that what He had ordained to do and your ‘if’ opens the (gate) for Shaytan.” [Sahih Muslim 2664]

In this hadith, the Prophet ﷺ said to ask Allah alone and to not lose heart. This means that do not be lazy and procrastinate in your religion.

○ Be firm and determined:

Allah said while commanding His Believers to be firm and determined:

﴿خُذُوا مَا آتَيْنَكُمْ بِقُوَّةٍ وَاسْمَعُوا﴾

“Hold firmly to what We have given you and obey.” [Surah Al-Baqarah 2:93]

He also said:

﴿خُذِ الْكِتَابَ بِقُوَّةٍ﴾

“Hold the Scripture with all your strength.” [Surah Maryam 19:12]

The person who is firm will never be lazy or procrastinate.

○ Be consistent in performing good deeds:

All other cures aside, be consistent in only performing the obligations, because the one who is consistent in performing the obligations will never fall prey to laziness and

procrastination. The Messenger of Allah ﷺ said:

أَحَبُّ الْأَعْمَالِ إِلَى اللَّهِ تَعَالَى أَدْوَمُهَا وَإِنْ قَلَّ.

“The acts most pleasing to Allah are those which are done continuously, even if they are little.” [Sahih Muslim 783]

○ Strive against yourself with complete dedication:

From the cures of laziness and procrastination is that you become strict upon yourselves. Be strict in executing Allah’s commands. This strictness is only good and good only brings more goodness.

The Messenger of Allah ﷺ said:

إِنَّ الْخَيْرَ لَا يَأْتِي إِلَّا بِالْخَيْرِ.

“Certainly! Goodness only results in goodness.” [Sahih Al-Bukhari 2842]

If you begin to strive against yourself, Allah will open all the doors of goodness for you. Allah promised by saying:

﴿وَالَّذِينَ جَاهَدُوا فِينَا لَنَهْدِيَنَّهُمْ سُبُلَنَا﴾

“As for those who strive in Our cause, We will surely guide them to Our ways.” [Surah Al-Ankabut 29:69]

○ Busy yourself in your free time:

Laziness and procrastination occurs when he has free time. Occupy your free time with some religious duty. Allah said:

﴿فَإِذَا فَرَغْتَ فَانصَبْ ۖ وَإِلَىٰ رَبِّكَ فَارْغَبْ﴾

“So whenever you are free, strive in worship, and turn to your Rabb in hope.” [Surah Ash-Sharh 94:7-8]

○ Eat and sleep less:

This is because eating a lot and sleeping a lot makes you lazy and procrastinate.

○ Study the lives of the Prophets:

Study the lives of the Prophets ﷺ. See how Nuh ﷺ invited his nation every day and every night. See how Shu'ayb ﷺ kept on advising his people. See how Ibrahim ﷺ tolerated the harm and oppression of his people. And see how our Prophet ﷺ did not become lazy even when people threw stones at him; he only increased his efforts in spreading Allah's message.

○ Seek refuge in Allah from laziness and procrastination:

There are many authentic invocations of the Prophet ﷺ where he sought refuge in Allah from laziness. We should also include these invocations in our daily invocations. The

Prophet ﷺ used to invoke Allah by saying:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْهَرَمِ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ.

“O Allah! I seek refuge with You from helplessness, laziness, cowardice and feeble old age; I seek refuge with You from afflictions of life and death and seek refuge with You from the punishment in the grave.” [Sahih Al-Bukhari 2823]

The Messenger of Allah ﷺ used to regularly read the following invocation:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ.

“O Allah! I seek refuge with You from distress and sorrow, from helplessness and laziness, from miserliness and cowardice, from being heavily in debt and from being overcome by men.” [Sahih Al-Bukhari 2893]



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